

Setting up a low cost community clinic



It's great that you're thinking of setting up a low cost / community clinic. Here are some things to consider and help you plan;

Why do you want to set up a community clinic?

Who will you be working with – other homeopaths, therapists?

What do you want from it – do you all want the same things?

Will this be a long or short term project?

How will you adapt in these current changing times?

Who?

Identify a need in the community

Where will you run it - is it an easily accessible, safe space for your patients to reach? Consider parking, public transport links.

Will you be an outreach clinic – taking your services to others rather than them coming to you?

How will you manage in the current or changing climate?

You may choose to set up an online community clinic. Look at how you can best use social media to contact your potential patients via FaceBook, Instagram, website.

An example of a successful online, low cost clinic is First Response Homeopathy, who offer 15 minute acute consultations via Zoom

<https://www.firstresponsehomeopathy.com>

Who is your clinic for - men, women, children, acute, chronic health conditions?

What else is there in the area – GPs, other clinics, community groups etc?

When will you run the clinic? Look at the best times – is there a mother and baby group, foodbank, other health sessions that you can work with?

Work as a team

for support – moral, practical, physical

for supervision – your team debrief at the end of the session

for learning – share your knowledge and experience - you have much to learn from each other

Multi discipline clinic?

Do your therapies complement each other – are you offering a balanced clinic?

It's good to have a combination of homeopathy and bodywork such as reflexology, cranial sacral therapy, acupuncture. Be aware of privacy if it is a public space.

How will you work?

Will you operate as a drop in or by appointment?

Will you charge a fee? Don't work for nothing

How much will you charge?

How and when will you take payment?

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Insurance

Obtain copies of each therapists' insurance - and keep on record
Give copies of your insurance certificates to the centre you are working at

Practice

Look at the space where your clinic will be held - how can it work for you?
Does it have what you need for your therapies i.e. a sink, if you offer acupuncture?
Space to store any equipment – treatment chair / couch
Is there enough privacy for each therapist?
Is the access suitable for your patients – pushchairs, disabilities
Is there room for a waiting area if you're busy?

How long will you give each patient?
If you're busy you will need to adjust consultation time accordingly, all therapists will need to be flexible with timing if you are busy.

When you are busy and everyone is seeing patients, who is there to meet and greet?
This is a great opportunity for a student homeopath – they can keep records, help make up remedies and sit in.

Where will you keep remedies and equipment? Is it safe and secure?
Patient notes / details – keep secure and take them home with you, keep locked away as you do with private patients
Data protection – it's most practical to have patient info and GDPR on one form

As with our private practice, we need to contract with our patients, and have their informed consent.

What informed consent covers, data protection / GDPR info can be found on the SoH website

<https://homeopathy-soh.org/?s=informed+consent>

Code of Ethics

<https://homeopathy-soh.org/resources/code-of-ethics/>

You may find it helpful to have information translated, if you can find someone to help

Get used to prescribing on the spot – you may only see this person once.
What can you do to make the biggest impact on their health now?
Speak with each other, discuss the prescription if you're not sure – it's good to have others' opinions.

Day book – log anything important, of interest or reflective about your day
Keep a note of numbers of patients attending – men/women/children/therapies.

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Now more than ever, it is essential we measure our outcomes – for credibility and it is a must for funding applications.

MYMOP (Measure Yourself Medical Outcome Profile) - it's good to go through this with each patient – some may have language / reading difficulties
Make it part of the consultation

Download and print out MYMOP form

https://12f7e3dd-1b21-74b4-d2e6-789a72c3925c.filesusr.com/ugd/54a892_f058cd0220d2ce253623774d17fa854e.pdf

Download and print out MYMOP follow up

https://12f7e3dd-1b21-74b4-d2e6-789a72c3925c.filesusr.com/ugd/54a892_80ea5cbfb8afccbbabe88697d84f85e9.pdf

For more up to date info visit

<https://hawk.health>

If there are staff members at your premises, talk with them about what you're doing, offer to treat them. They get to experience first-hand what you are doing and can then confidently refer and recommend - they are your best advertising

Do you want patients to contact you between appointments, do you want to give your phone no?

If not maybe ask them to contact community centre/group who can pass on a message.

Make this information clear in your patient contract.

Safeguarding and Signposting

Some of the people you see may be vulnerable.

The SoH safeguarding policy can be found on the website, and may help you to identify whether a patient is at risk, and where to go if they are.

<https://oxfordhomeopath.com/patient-audit/>

<https://homeopathy-soh.org/resources/safeguarding2/>

Keep a list of addresses of other support agencies and other low cost groups in the area such as osteopaths, chiropractors, counselling etc so that you are able to signpost if needed.

Be sure to network – go to local meetings, meet other groups, let them know who you are and what you do. Talk to everyone about what you are doing. By keeping a high profile, other agencies will support and signpost people to you.

Funding

For funding you will need evidence of outcomes – MYMOP, records of attendance, how many men, women, children etc.

Testimonials – from your patients and the centre

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If you're working at a community centre or similar, you may be able to ask them to apply for funding on your behalf, they will be experienced in fund applications.
Apply for any local community funding

Practitioner care

It's essential to factor in time at the end of each session for a group discussion and debrief

Make sure everyone is okay when they leave, or has supervision, contact details if they need.

Have some formal supervision in place if you need it – I'm happy to discuss supervision.

Resources

The Society of Homeopaths website is full of useful information

www.homeopathy-soh.org – login to the members section and you will find;

Forum – with conversation about community clinics

My Practice – Self-care, GDPR, Practice Management

Research Resources – Collecting and analysing data – MYMOP link

There are a lot of things here to consider before starting a community clinic.

It may seem overwhelming, but in my experience it is the most valuable, rewarding and confidence boosting thing you can do as a homeopath.

Good luck – you'll be amazing.



Due to the generosity of homeopaths and the public, SidebySide at Grenfell has a huge stock of remedies. From this I have made up remedy starter kits which I will donate to new community clinics to help get you going.

I am available to help with practical advice for anyone who is thinking of setting up a community clinic – please feel free to contact me.

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